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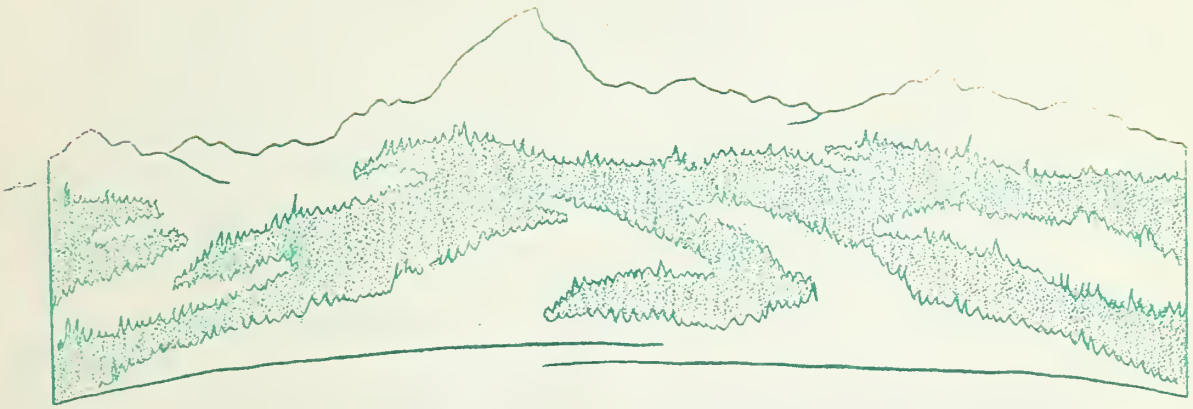
THE MONTANA MAVERICK



THE BIG SKY COUNTRY

FALL ISSUE

1968

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THE MONTANA MAVERICK

A publication of Warm Springs State Hospital, Warm Springs, Montana

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THE HOSPITAL PHARMIST AND PSYCHIATRIC CARE

Treatment of the mentally ill has been given more attention in the past ten years than in all the centuries since mental illness was first recognized.

In recent years there has been an unmistakable swing to community based care for the mentally ill. The number of resident patients in state hospitals is declining while the number treated in general hospitals and other facilities is on the rise. Over 1,000 general hospitals now provide psychiatric inpatient service, mostly short-term, and a good number of hospitals operate their own psychiatric clinics.

Despite this trend toward community-based care, however, facilities for long term psychiatric care are still essential. At least for now & then, this means mental hospitals.

Recent progress in mental health care has been dramatic and will continue. It is also true that the pharmacist's involvement in such care will continue to grow.

Pharmacies in mental hospitals are bound by the same basic requirements of sound hospital pharmacy practice everywhere. There are, however, a number of obvious differences. For example, the mental hospital pharmacy must stock larger quantities of psychiatric drugs (especially tranquilizers and antidepressants) than is the case in the general hospital. Further more, chronic mental patients usually remain hospitalized for substantial periods and require treatment for other ailments. This may involve antibiotics, antihypertensives, anticonvulsants in epilepsy, etc.

Many mental hospitals have to limp along with a large patient population and small pharmacy staff so the pharmacy often relies heavily on a floor-stock system of dispensing. Under this method each ward in the hospital has a locked medicinal cabinet which is stocked from the pharmacy. From this the charge attendant on the ward fills the medical orders left by the doctors on their rounds. Each ward also has available an emergency kit for cases of heart attacks, epileptic seizures, diabetic comas, etc.

The annual cost of medication for the hospital for the past two years has averaged slightly over $110,000 per year with 85-95% of this amount for tranquilizers and antidepressants.

In addition to keeping adequate stocks of drug products and providing a continuous inventory record the pharmacist is called upon for various information concerning action and dosage of medications. He is also called upon to give lectures to the medication classes.

The pharmacy here at the State Hospital also participates in the Work-Study Program sponsored by the University System to provide training and work during the summer months to a pharmacy student. Michel Ann Sagin of Anaconda worked with us for two years. The past summer we had Carol Anderson of Butte, Montana. We have enjoyed the help and co-operation of these students very much.

Robert Curdy,
Pharmacist

CHAPLAINS JOIN IN TRAINING AIDES

About three months ago in TIME magazine, in the medical section, there was an article about psychiatric aides. These are the men and women who work on the wards of mental hospitals under the supervision of the doctor and nurse.

The magazine article pointed out that the psychiatric aides have more personal contact with the mentally ill person, and have more influence, for good or bad, on the patient, than any other member of the hospital staff.

Partly in response to that TIME article, the Protestant and Catholic chaplains at Warm Springs State Hospital, Warm Springs, are now joining the team of doctors and nurses who train the psychiatric aides at the hospital. The chaplains feel that by helping in the aides' training and formation, they will be extending and bettering their ministry to the patients.

In their talks to the psychiatric aides, the chaplains will first of all speak of the chaplain's role in the care of the mentally ill, in the context of a team approach to the care of the sick. The team members are the doctor, psychologist, nurse, chaplain, social worker, aide and adjunctive therapist.

The chaplains would also seek to broaden the aides' awareness of the patient's religious needs, and of what the chaplains would expect of the aides by way of cooperation and understanding. The chaplains have learned that so very often whether or not, for example, the patient gets to church on Sunday depends on the awareness and concern of the psychiatric aide for the spiritual needs of the patients under his care.

In the training sessions the hospital chaplains will also share with the aides the Christian motivation for the care of the sick, the value and purpose of suffering, and most of all the relationship between religion and mental health. Carl Jung, the great analytical psychologist, wrote that "during the past thirty years people from all the civilized countries of the earth have consulted me.... Among all my patients in the second half of life, there has not been one whose problem in the last resort was not that of finding a religious outlook on life." It is safe to say that every one of them fell ill because he had lost that which the living religions of every age have given to their followers, and none of them has been really healed who did not regain his religious outlook on life." (Modern Man in Search of a Soul, Jung).

The chaplains feel that such a relationship between religion and mental health is not understood nor taken advantage of by many of those who care for the mentally ill. By taking part in the training and formation of the aides, the chaplains will be able to prepare the psychiatric aides in a way and with the attitudes and dedication that is demanded for those who have so very, very much to do with the happiness of the patient here at Warm Springs State Hospital.

Father James J. Flynn
Catholic Chaplain

SIDELIGHTS ON

NATIONAL CONFERENCE ON SOCIAL WELFARE IN SAN FRANCISCO

There was a large attendance at the Conference which is concerned with welfare in a broad sense. In actuality it is a forum for the discussion and clarification of issues pertaining to the welfare of people. It has in the past avoided taking a stand as an organization in controversial issues and has not been considered an action group.

One of the interesting observations of this forum was the activity of several groups who circulated through the crowd trying to gain support for their program. The Poor People's group was asking for financial help to assist the Poor People's March on Washington. On Memorial Day they organized a Silent Vigil during the noon hour when supporters were asked to join in walking in front of the Civic Center and to donate their lunch money to the cause.

Another active group was supporting the farm workers in California who were on strike for higher wages. Their primary concern was that Mexicans were being brought in by the farm owners illegally as strike breakers. This group picketed the hotel where Ramsey Clark, the U.S. Attorney General, was to speak and later disrupted his speech with their demands to know why the United States wasn't enforcing the laws against bringing Mexicans in to work in a recognized strike area.

Another group was active in the business meeting of the Conference itself. They were demanding a constitutional meeting to change the Conference from a forum for discussion of problems and issues to an action group. They demanded the Conference take a stand on pressing problems of our society and do something about them. It became apparent though that there was no agreement on what pressing problems the Conference would recognize or what means of solution it would propose or take as a group. The activists proposed resolutions on student opposition to the Vietnam War, to support the Poor People's Campaign, to support the Delano Grape Worker's Strike, to actively support a platform regarding the selfare system, (which included allowing recipients to organize, a guaranteed annual income system, repeal of some repressive sections of Public Law 90248 relating to the welfare freeze and forced work program) and others involving the right to dissent and engage in collective bargaining.

In retrospect, since the foregoing was written shortly after the Conference, we can now add that the Board of Directors of N.C.S.W. recognized the crucial nature of these happenings. They met in special session on July 2nd, at which time an Ad Hoc Social Action Committee was formed to examine the issues proposed and report to the Board their finding at another special meeting in September.

Gregory Jacobs, ACSW

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EASTERN UNIT HAS GARDENING-CANNING PROJECT

"Why couldn't we have a garden this summer?" The idea, approached somewhat defensively, or at least hesitantly, came out of a "think session" that was unusual. Unusual in that a workable idea came out of it and that the idea was pursued and accomplished. Theory supporting the benefit of gardening for patients is extensive and probably sound but the Eastern Unit Garden Club was a little more down to earth than theoretical. The gardening was fun, relaxing, and entailed a certain degree of responsibility. And it was a unit activity which began to create cohesiveness and pride.

From that garden came a few ideas and lots of produce. Some of the vegetables were immediately disposed of but the stockpile still grew alarmingly and, after all, what can be done with a few hundred pounds of tomatoes? They can be canned is what can be done and so they were preserved along with other goodies from the garden and elsewhere. This involved more and different people than the original garden group. Some of the women were old hands at canning and had done some recently; others had canned long ago, and to others it was entirely new. To all involved it was a job which demanded a high level of performance once it was learned, and that level was expected. With many hands doing the canning cooperation was required and free flowing interaction was created. And, again, pride and self esteem were generated--not only were we canning, we were doing a pretty splendid job of it.

Fine! Now the tomatoes were off the vine and into the jars, but what is to be done with several hundred jars of stuff? It appeared to us that it could be sold and turned into a unit fund to provide money for next year's garden and for the other ideas which were beginning to come more fluently now. Actually a food bazaar seemed just a little colorless and uninteresting so other items were suggested to be included in the sale. Activity reached an exciting peak with the involvement of more people just prior to the sale.

More came out of the garden than vegetables. Staff members saw the light and excitement of new ideas and the fact that most drawbacks to new ideas are in our own minds. The value of a fun-type group activity, no matter how seemingly trivial the activity, was demonstrated. Enlarged self images and pride in doing a job well were very evident to some. A garden isn't really very grand, but is is a real springboard to larger more exciting things.

James K. Dick
Charlotte Kuffner, R.N.
Eastern Unit

GIFT SUGGESTIONS

MEN LIKE TO RECEIVE:	WOMEN LIKE TO RECEIVE:	CHILDREN LIKE:
Cigarettes	Stretch Slippers	Large Rubber Toys
Playing Cards	Nylon Hose	Balls (Large Rubber)
Pinochle Cards	Nylon Panties	Educational Toys
Cigarette Cases	Slips	Inflatable Punch Toys
Pipes	Head Scarfs	Color Books
Tobacco Pouches	Permanent Wave Kits	Large, Durable Plastic Toys
Tobacco, Pipe	Hair Spray	Jump Horses
Cigars	Cologne	Walkers
Deodorants	Lipsticks	
Talcum	Deodorants	SOMETHING FOR A WARD:
Shave Sets	Powder: Body & Face	
Shave Kits	Hand Lotions & Creams	Card Tables
Hair Oil	Soaps	Table Games: Checkers,
Billfolds	Face Cream	Dominoes, Jig Saw, etc.
Slippers	Costume Jewelry	Phonograph Records, New LP
Dress Socks	Stationery	Popcorn Poppers
Sport Shirts	Cigarettes	View Masters--with pictures
Nail Clippers	Nail Polish	Hair Dryers
Coin Purses	Nail Polish Remover	Steam Irons--Ironing Boards
Ball Point Pens	Emery Boards	Stamped Embroidery Pieces
Number Paintings	Orange Sticks	Yarn, Crochet Thread
Cribbage Boards	Hair Brushes & Combs	Embroidery Floss
Fishing Gear	Brush Rollers	Dress Material
Craft Kits	Handbags	Electric Shavers
Models: Cars, Planes	Shrugs	Table Model Radios
Soft Ball Equipment	Dresses--Washable	Large Coffee Makers 12-84cup
Safety Razors & Blades	Bathrobes	Portable Sewing Machine

Donations of magazine and newspaper subscriptions to the General Library, are excellent gifts.

It is hoped that all articles would be new, since a new item brings many times the pleasure of a used article and makes a more suitable gift. Please do not send perishable food. Gifts of money are always helpful.

CHRISTMAS GIFT MAILING INSTRUCTIONS

Send all packages for individual patients to: The name of the patient, Warm Springs State Hospital, Warm Springs, Montana. Please include your return address on the package. Do not send packages gift wrapped. Gift wrapping materials may be included. All gifts should arrive at this hospital as early in December as possible.

All packages, other than those for specific individuals, should be sent to:

Santa's Workshop
Warm Springs State Hospital
Warm Springs, Montana